

结肠镜和食管、胃、十二指肠镜联合检查 (EGD)

Combined Colonoscopy and Upper Endoscopy (EGD)

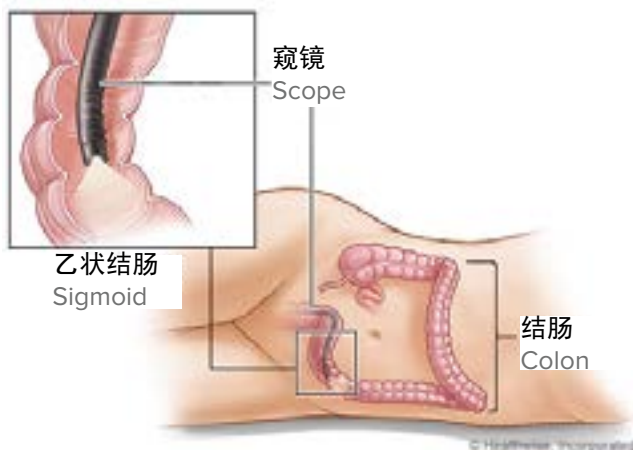
You are scheduled for 2 tests

You are scheduled to have 2 tests that can be done during the same visit: a colonoscopy and an upper endoscopy or EGD. Please review these instructions as soon as you get them to make sure you are prepared.

About Colonoscopy

A colonoscopy is done to check your large intestine, also called the colon, for abnormal growths or other problems. It can be used as a screening test to check for cancer or precancerous growths in the colon or rectum (polyps).

The test is done with a narrow, flexible tube, or scope, that has a light and camera. The tube is put in through your rectum and into your colon. Learn more at go.osu.edu/colonoscopy_steps.



按照计划，您将进行 2 项检查

您计划在同一次就诊期间进行两次检查：结肠镜检查 and 食管、胃、十二指肠镜检查或 EGD。收到本说明后，请立即阅读，并确保做好准备。

关于结肠镜

结肠镜检查将检测您的大肠（也称为结肠）是否存在异常增生或其他问题。一般用作检查结肠或直肠（息肉）中的癌症或癌前病变的筛查。

此检查采用一根纤细的、顶端带有照明灯和摄像头软管或窥镜完成。软管将通过您的直肠，然后进入结肠。如需进一步了解，请访问 go.osu.edu/colonoscopy_steps.

Medicine Changes Before Your Procedure

You may need to make changes to your medicines many days before your procedure. Read carefully the medicine change information at go.osu.edu/pted5355 or review the copy with these instructions. These include blood thinners, medicines for diabetes, weight loss, heart conditions, and others. **If you do not review and make the needed medicine changes, your procedure may need to be rescheduled.**

手术前药物变更

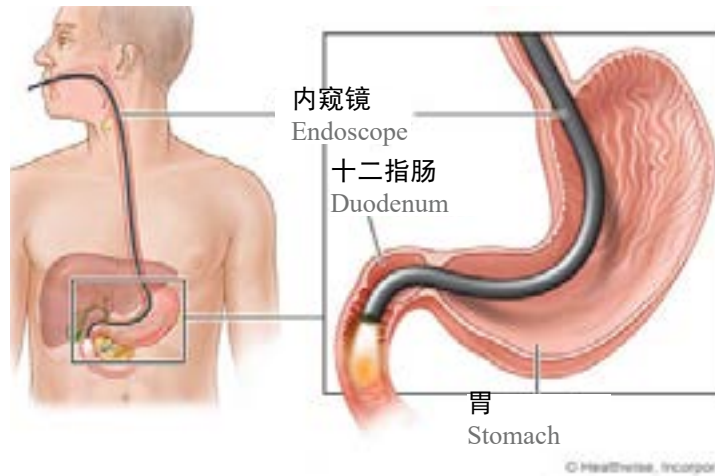
您可能需要在手术前几天变更药物。请访问 go.osu.edu/pted5423，仔细阅读药物变更信息，或查看提供这些说明的副本。包括血液稀释剂、糖尿病药物、减肥药物、心脏病药物等。如果您没有查看并作出必要的药物变更，您的手术可能需要重新安排。



THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER

About Upper Endoscopy

An upper endoscopy, or EGD, looks into your esophagus, stomach, and part of the small intestine called the duodenum, or small bowel. It can be done to check for ulcers, tumors, infection, or bleeding. It can also look for signs of acid backing up into your esophagus.



The test is done with a narrow, flexible tube (called an endoscope) that goes in through your mouth into the upper digestive tract. Learn more at go.osu.edu/upper_gi_endoscopy.

Preparing for your tests

You will be given instructions for how to prepare for your tests.

You will need to empty your stomach and bowels for these tests. Your doctor will decide which bowel prep is best for you. **You may also need to make changes to your medicines many days ahead.** If you are not prepared, your tests will be rescheduled. If you do not get these instructions, call the doctor who ordered the tests.

- You should not smoke or vape the day before and on the day of your test.
- **If you have an implanted stimulator device,** it should be turned off before your procedure. Please bring the remote with you on the day of the procedure.
- If there are major changes to your health, please contact the healthcare provider who is doing your procedure. Your procedure may need to be changed for your safety.

关于食管、胃、十二指肠镜 (EGD)

医生可通过 EGD 查看您的食管、胃以及名为十二指肠的部分小肠。一般用于检查溃疡、肿瘤、感染或出血。还可用于发现胃酸回流到食管的症状。

此检查使用一根纤细的软管（称为内窥镜）穿过口腔进入上消化道来完成。如需进一步了解，请访问 go.osu.edu/upper_gi_endoscopy。

检查准备事项

您将收到如何准备检查的说明。

检查前您需要排空胃肠道。您的医生会决定最适合您的肠道准备。您可能需要在手术前几天变更药物。如果您尚未做好准备，您的检查将会重新安排。如果您尚未收到说明，请致电预约检查的医生。

- 您不应该在手术前一天和当天吸烟或使用电子烟。
- 如果您有一个植入式刺激装置，在手术前应该将其关闭。请在手术当天随身携带遥控器。
- 如果您的健康状况发生重大变化，请联系正在为您提供手术的医疗护理提供者。为了您的安全，我们可能需要对您的手术作出变更。

Arriving for your tests

Plan to arrive at the arrival time on your letter, so the staff can get you ready.

- **You will need a responsible adult to drive you home after the test.** Your driver needs to check in for the test with you. If your driver doesn't check in with you, we will need to speak to your driver before we can start your test. Your test will be delayed or canceled if we cannot speak to your driver. If you take a cab, bus, or medical transportation, an adult other than the driver needs to ride with you for your safety.
- Please leave all valuables and jewelry, including piercings, at home.
- For patients who are able to become pregnant, be prepared to give a urine sample in case a pregnancy test is needed.
- Bring these with you to your tests:
 - › A list of all medicines, including prescription and over the counter medicines and any vitamin or herbal products you are taking
 - › A list of your allergies
 - › List of medical conditions and previous surgeries
 - › A copy of advanced directive, such as a living will or health care power of attorney
 - › Your photo identification, insurance card, and co-payment if needed
- **If you have alcohol, marijuana, or illegal drugs in your system,** your procedure may be rescheduled for your safety.

按时抵达准备接受检查

提前计划以根据您的排号按时抵达，以便工作人员能帮您做好准备。

- **您完成检查后应当由一名负责的成人驾驶您回家。** 驾驶员需要与您一同办理检查登记手续。如果驾驶员未与您一同办理登记，我们需要在开始检查前与驾驶员对话。如果我们无法与驾驶员对话，您的检查将被推迟或取消。如果您在检查结束后乘坐出租车、公交车或医疗交通服务车辆回家，您需要由除驾驶员以外的一名成人陪同，以确保您的安全。
- 请将所有贵重物品和珠宝留在家中，包括穿刺饰品。
- 可能怀孕的患者需要提供尿样，以防需要进行妊娠检查。
- 前来接受检查时随身携带以下物品：
 - › 一份您正在使用的所有药物的清单，包括处方药和非处方药以及任何维生素或草药
 - › 一份您的过敏清单
 - › 一份病情和既往手术的清单
 - › 一份事前声明，如生前遗嘱或医疗授权委托书
 - › 您的带照片的身份证明文件、保险卡和共付额证明（如需要）
- **如果您体内有非法药物或酒精，**为了您的安全，可能会重新安排您的检查。
- **如果您体内有酒精、大麻或非法药物，**为了您的安全，我们会重新安排您的手术。

Having the tests

- After you have registered, you will change into a hospital gown.
- A nurse will review your medicine list and medical history.
- An intravenous (IV) line will be placed to give you medicine. Let the nurse know if you have had problems having an IV placed in the past.
- When the nurse has you ready, you will be taken to a private room, where your tests will be done.
- You will be given a consent form to read over. The doctor will talk to you and go over the consent form. Ask any questions you have about the tests before you sign the form.
- You will be given medicines in your IV to help you relax. You will likely rest on your left side.
- The doctor slowly moves the tube through your colon.
- You may feel some cramping during and after the tests that will improve after passing gas.
- For the EGD, your throat may be sprayed with a numbing medicine. The doctor will pass another tube through your mouth and into your esophagus, stomach, and duodenum.
- These tests will take about 50 minutes.

接受检查

- 完成登记后，您将换上检查服。
- 护士将检查您的药物清单和病史。
- 将置入静脉输液 (IV) 管，对您给药。如果您在以往置入静脉输液管时曾出现问题，请告诉护士。
- 当护士帮您做好准备后，您将被带往一处私密的房间进行检查。
- 您将获得一份知情同意书，以供仔细阅读。医生将与您谈话并介绍知情同意书。在签署知情同意书前，请就此检查提出任何疑问。
- 我们将通过静脉输液管对您给药，帮助您放松。您有可能采取朝左侧躺的姿势。
- 医生会缓慢地将软管穿过您的结肠。
- 您在检查期间和结束后可能会感觉到些许痉挛，这种情况在排气后将会好转。
- 为了进行 EGD 检查，可能在您的咽喉喷洒麻醉药物。医生会将另一条软管穿过您的口腔，进入食道、胃和十二指肠。
- 这些检查大约将持续 50 分钟。

After the tests

- You will be taken to a recovery area for 30 to 45 minutes.
- You will then change back into your clothes.
- The doctor will speak with you and your family member (or other adult who came with you) before you leave.
- Plan to take the day off of work and rest at home after the tests.
- You should have an adult with you to help you at home for at least 6 hours after the tests.
- You should not drive, operate machinery, drink alcohol, or make any legal decisions until the day after your tests.

检查之后

- 您将被带往恢复区，等候 30 至 45 分钟。
- 您随后会换回自己的衣服。
- 在您离开前，医生将与您和您的家人（或陪同您前来的成人）谈话。
- 当天应请假，检查后在家休息。
- 检查后居家的至少 6 小时内您应由一名成人陪同，为您提供帮助。
- 在检查后的第二天之前，您不应开车、操作机器、饮酒或做出任何法律决定。

本手册仅供参考。如对您的治疗有任何疑问，请咨询医生或医疗护理团队。如需了解更多健康信息，请致电 614-293-3707 或发送邮件至 health-info@osu.edu。联系 Library for Health Information。

This handout is for informational purposes only. Talk with your doctor or healthcare team if you have any questions about your care. For more health information, contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.